



SECTION ONE Standard House Diets

Diet manual

Modified Electrolytes

Low Calcium (400 mg) Diet

General Description

This diet restricts the intake of foods that are good sources of calcium.

Indications for Use

This diet is used to restrict calcium intake in an attempt to reduce serum and/or urinary calcium. Calcium restrictions may be indicated in the treatment of hyperparathyroidism, renal calculi, hypervitaminosis D, hypercalciuria, and hypercalcemia¹.

Nutritional Adequacy

In comparison to the Recommended Dietary Allowances, this diet is nutritionally adequate for all nutrients except calcium, phosphorus, riboflavin, and thiamine. Iron may also be inadequate for pre-menopausal females.

Guidelines

Food Groups	Foods Allowed	Foods Not Allowed
Dairy	None	All milk, including whole, low-fat, skim, chocolate, buttermilk, eggnog, milkshake, instant breakfast drink, yogurt. All cheeses, cottage cheese, cream cheese.
Meat or Substitute	Any meat, fish, or poultry except as listed; peanut butter.	Salmon, shrimp, scallops, and trout. Sardines, any prepared with foods not allowed.
Eggs	One yolk per day. Egg white, no restrictions.	No more than 1 egg yolk per day.
Potato or Substitute	Plain potato, rice, or noodles.	Any prepared with foods not allowed.
Vegetables	Any except as listed.	Broccoli, collards, kelp; any prepared with foods not allowed.
Fruits & Fruit Juice	Fresh or canned fruit, fruit juices.	Rhubarb.

Low Calcium Diet

Breads & Cereals	4-6 servings bread/day, all cereals except as listed (French and Italian bread as desired), saltines, graham crackers.	Anything in excess of 6 servings per day; instant cream of wheat, English muffins, pancakes, french toast, baking powder biscuits; any containing foods not allowed.
Fats	Butter, margarine, non-dairy creamer, salad dressing except as listed, peanuts.	Cream gravy, cream, any salad dressing containing cream or cheese.
Beverages	Coffee, tea, decaffeinated coffee, fruit flavored drinks, carbonated beverages.	Milk and milk products.
Soup	Any except as listed.	Cream soups, chowders. Soups made with foods not allowed.
Desserts/Sweets	Angelfood cake, fruit pie, fruit ice, flavored gelatin, popsicle. Plain cookies and cakes.	Ice cream, puddings, custards, cream pies. Any made with foods not allowed.
Miscellaneous	Salt, pepper, mustard, catsup, mayonnaise, sugar.	Rennin tablets.

Suggested Meal Plan

Breakfast	Lunch	Dinner
Juice	Plain Meat or Substitute	Plain Meat or Substitute
Hot Cereal	Potato or Substitute	Potato or Substitute
Egg or Substitute	Vegetable	Vegetable
Toast	Salad/Dressing	Salad/Dressing
Margarine	Fruit	Allowed Dessert
Jelly	Bread	Bread
60 cc Non-Dairy Creamer	Margarine	Margarine
Beverage	Beverage	Beverage

Reference

1. Pennington, J.A.T. Food Values of Portions Commonly Used. Harper & Row, New York, (Current Edition).